BE PREPARED - Although their area-wide Scout Show is still nearly three weeks away, on March 31, these three Order of the Arrow members wanted to make sure the new sign will fit Lynchburg College's Wake Field House. Shown left to right are David Key, Alex Mason, and Mark Beedenbender all of Order of the Arrow's Tutelo Lodge which will provide manpower services for the annual show. The all-day exhibition is expected to attract 6,000 visitors from all of Central Virginia.

Annual Scouting Show To Be Held At Lynchburg College

On March 31, Lynchburg College Wake Field House is expected to overflow with nearly 10,000 people as they inspect booths and exhibits displayed in the Annual Area Scouting Show.

Cub Scouts, Boy Scouts, and Explorers from Altavista, Amherst, Appomattox, Bedford, Rustburg, and Lynchburg will meet to demonstrate their skills and achievements to the public. School bands from Gretna, Brookville, and Altavista will provide music during the day-long program.

The show will be held from 11 a.m. - 4 p.m. on Saturday, March 31 in Wake Field House at Lynchburg College. Tickets can be purchased prior to the show for $1.00 (two tickets admit a family) from any Scout Troops in Central Virginia.

The Central Virginia Scouts are a part of the Blue Ridge Mountain Council of Scouts which is sponsoring Scout shows in celebration of 69 years of Scouting in America. Roanoke, Dublin, Danville and Martinsville are also presenting shows in March.

Drama Club Repeats Performance

The Appomattox County High School Drama Club placed first in the District Theatre Festival held March 2nd in the ACHS auditorium.

Their entry, "I Bring You Flowers," was one of two Distinguished Participants in the festival. The distinguished rating allows the school a chance to compete in the Regional Festival.

Appomattox, for the second year in a row, received the trophy signifying best play in the festival. Under the direction of Mrs. Joyce Sweet, Mark Chevalier, Molly Handy and Tamara Nash, the cast of "I Bring You Flowers," will travel to Alleghany High School on Saturday, March 17th, for regional competition.

Congratulations and good luck, Drama Club. 'Break a leg!'

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Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

DIETERS CAN EAT POTATOES

Potatoes are considered a starchy vegetable, but they are not as fattening as most people think. Because of this, everyone can take advantage of the low potato prices.

One medium potato, cooked plain, furnishes about 90 to 100 calories. This is about the number of calories as you would find in the following quantities of fruits and vegetables: one large apples, or orange or banana, one-half large grapefruit, two-thirds cup cooked green lima beans, three-fourths cooked fresh corn or nine-tenths cup cooked green peas.

The number of calories is increased considerably when fat in the form of butter, margarine, gravies or sauces is added to the potatoes. The following table shows the increase in the number of calories when different amounts of fat are added to one cup of potatoes:

Potatoes, one cup, plain, not fat = 101
Potatoes, mashed with milk and fat = 197
French-fired = 214
(10 strips, 4 inches long)
Hash browned = 355

Potatoes can be classified into three groups: new potatoes, general purpose potatoes and baking potatoes. "New" potatoes is a term most frequently used to describe those freshly harvested and marketed during the late winter or early spring. The name is also widely used in later crop producing areas to designate freshly dug potatoes which are not quite fully matured.

New potatoes are best used for boiling and creaming. They vary widely in size and shape, depending upon the variety, and are likely to be affected by "skinning" or "feathering" of the outer layer of skin. This skinning usually affects only their appearance.

General purpose potatoes include the great majority of round and long type potatoes offered for sale in the markets. With the aid of air-cooled storage, they are available throughout the year.

As the term implies, they may be used for boiling, frying and baking, although many of the common varieties are not considered the best for baking.

The most widely grown and best known baking potato is the Russet Burbank. This variety has a long oval shape, and fine, scaly netting on the skin.

Why not try this recipe for potato pancakes.

2 cups raw potato
¼ cup milk
1 egg, beaten slightly
2 tablespoons flour
1 tablespoon finely chopped onion
1 teaspoon salt; pepper

Stir grated potato immediately into milk. Add other ingredients. Drop mixture by spoonfuls into greased frying pan and cook slowly until well browned and crisp on both sides.

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full informaiton is available at any VA office.

Q - I am on active duty but I will be granted excess leave to attend school under the GI Bill. Will I be paid as a serviceman or veteran?

A - An in-service student attending school under the GI Bill while on excess leave without pay, if otherwise eligible, may be paid educaitonal assistance allowance at the rate payable to eligible veterans.

Q - Is is possible for a surviving spouse of a veteran who died of a service-connected disability to obtain a VA home loan?

A - Yes. It may be possible also for an unmarried widow or widower to qualify for restoration of entitlement in order to reuse the home loan entitlement more than once. Check with your nearest VA regional office for more details.

Q - How can I get a VA certification of my disability for IRS purposes?

A - You should request certification of your disability in writing or you may call or visit your nearest VA regional office in person.

Some 93 million Americans, or 43 percent of the nation's population, are potential recipients of Veterans Administration benefits.

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IF YOU ARE NOT SURE ABOUT GOD, LET US PRAY AND SEE WHAT HAPPENS.

NEEDS:
- ☐ To Be Saved
- ☐ Baptism of Holy Spirit
- ☐ A Job
- ☐ Guidance in a Problem
- ☐ A Closer Walk With God
- ☐ Traveling Mercies
- ☐ Financial Help
- ☐ Other

TO BE HEALED OF:
- ☐ Arthritis
- ☐ Asthma
- ☐ Back Problems
- ☐ Bone Fracture
- ☐ Cancer
- ☐ Cold
- ☐ Colon
- ☐ Diabetes
- ☐ Ear Trouble
- ☐ Eye Trouble
- ☐ Female Problems
- ☐ Flu
- ☐ Lung Problems
- ☐ Heart Trouble
- ☐ High Blood Pressure
- ☐ Infection
- ☐ Kidney Ailment
- ☐ Pain
- ☐ Stomach
- ☐ Ulcer
- ☐ Other

TO BE DELIVERED OF:
- ☐ Alcohol
- ☐ Anxiety
- ☐ Depression
- ☐ Disbelief
- ☐ Discouragement
- ☐ Doubts
- ☐ Drugs
- ☐ Fear
- ☐ Family Troubles
- ☐ Marital Problems
- ☐ Insomnia
- ☐ Nervousness
- ☐ Hate or Resentment
- ☐ Occult, Spiritualism
- ☐ Smoking
- ☐ Weakness
- ☐ Other _____

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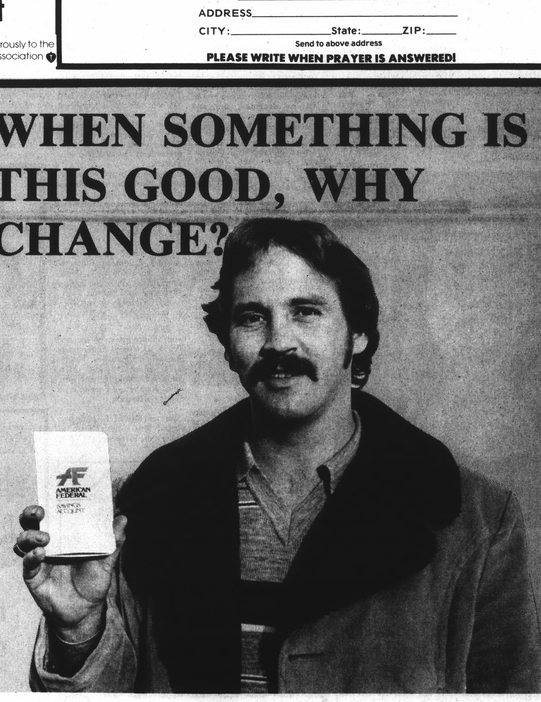

Most people have been saving with passbooks for years. If it has worked this well for so long, why change? American Federal Savings offers all of the different and varied savings accounts that are available, and some that are exclusive, too! But we believe in making our customers comfortable in the way they save. If our folks prefer passbook savings, then that's what they get!

We understand that not everyone likes a computer printout for their savings. Many people prefer having a passbook with them or near them at all times. Plus, we like to think that most folks like coming in to have their interest recorded and to sit and chat with us awhile.

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

HOW NUTRITIOUS ARE FAST FOODS?

Fast food restaurants are increasing in popularity in the United States. We see them being built almost daily in new locations. Many people are eating at least one and sometimes two meals a day at a fast food restaurant. It is becoming more important for consumers to select these meals from a nutritional standpoint.

As American society and economic patterns have changed, so have our food intake patterns. We do not eat the same foods we did 40 or even 20 years ago. 40 years ago, where would you have found a fast food restaurant? Many Americans are eating a substantial portion of their meals in restaurants that are classified as preparing fast foods. Most working Americans eat out on a regular basis. We now consume approximately ⅓ of our meals outside of the home. This trend is attributed to a higher per capita disposable income, a greater demand for leisure time and a larger number of women working outside the home. By 1980, if the present trend continues, it is estimated that we will be eating ⅓ of our meals away from home. Doubtless, many of these meals will be eaten at MacDonalds, Kentucky Fried Chicken, Hardees or at one or more of the many fast food chains that are now serving up to $10 billion worth of meals a year.

The growth and success of fast food restaurants in the last decade has been astronomical. Of an estimated 145,000 restaurants in the United States, approximately 30,000 are franchise fast food outlets. Fast food chains are continuing to grow in popularity as is evident by their appearance at almost every available corner. They appear to have a magica appeal to most individuals. With hundreds of millions of advertising dollars aimed at promoting them, perhaps that is not too surprising. Fast food restaurants are convenient and cheaper than others. Their speed for preparation of food is also a blessing. The food is filling, and judging by the fact that most consumers return again and again, many people must like the way it tastes.

With food prices and nutrition making the news daily, consumers are taking most interest in food choices. Fortunately, good nutrition depends less on how many dollars spent and more on how wisely they are spent. As fast food assumes a more significant role in the diet, it is appropriate to inquire about the nutritional value of such assembly line eating. An increased emphasis on having the food right now has led to the inclusion of many snack, convenience and fast food items such as hamburgers, french fries and carbonated beverages in our daily diets. These relatively new food habits have caused shifts in the amount of protein, fats, carbohydrates and vitamins found in the Americans' diet. The long term effect of these changes on our health is at this time uncertain.

Some of the foods such as soft drinks, french fries and pastries which are being consumed in large amounts in the diet of Americans are considered short-changers of nutrients. They provide large amounts of fat, sugar or starch, therefore, many calories, while providing little, if any, other essential nutrients. These are what nutritionists refer to as empty-calorie foods.

Several of the most prevalent disease conditions in America today have been related to diet. Obesity, a major nutrition related health problem, is related foremost to the consumption of more calories than the body requires. Diseases of the intestinal tract have also been linked to diets low in dietary fiber. The amount of roughage in the U.S. diet has decreased as fewer cereal products, fruits and vegetables and more fats, sugar and refined foods are consumed. Coronary heart disease has also been linked to diet although the relationship remains controversial.

As we look at what our eating habits can do to us and what they cost us, how do fast food meals fare in our diets? How many calories are we consuming when we eat fast foods? Are they higher in fats, lower in fiber or higher in salt than is nutritionally desirable? Could the nutritive value, or lack of it, in a regular fast food diet contribute in the long term to any of the health problems that were mentioned?

As consumers, we must be wise shopers for nutrition. We must think "Buying Nutrition" rather than just satisfying some daily needs as far as something we like the taste of in our eating. Only you can answer these questions for yourself. As we purchase our foods and as we eat daily, let's learn to think - - nutrition.

Homemakers, if you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, Va. 24522. We are always delighted to hear from you and enjoy helping you with your homemaking questions and problems. Have a good week!

RECIPE OF THE WEEK

Green Rice Casserole

2 pkgs. chopped broccoli
¾ cup chopped onion
¾ cup chopped celery
1 can cream of chicken soup
1 can cream of mushroom soup
1 can cheddar cheese soup
1 cup rice (uncooked)

Cook broccoli according to package instructions. Cook rice. Mix all ingredients. Bake at 350 degrees for 1 hour. Thanks to Penny Mongold for sharing this delicious casserole with us. She served this at a recent homemaker's covered dish meal.

FILE FOLDERS: File Cabineta, Office Desk, Office Chairs, Pens, Pencils and almost everything else you need for your office. The Times Virginian. Phone 352-8215.

Students Study People From Other Places

Three students from Ms. Meadows' kindergarten class - Amy Slade, Jason Carter, and J. P. Wilson and Ms. Jane Perry Nash, student librarian study about people from other places. The objects shown here are from Zambia, Africa. Ms. Ginger Welch, a former teacher in Appomattox sent the replicas to Appomattox Primary School. Ms. Welch, a missionary in Zambia, previously lived in Pamplin, Va. Ms. Nash is a student librarian from Longwood College and has worked in A.P.S. under the supervision of Ms. Nelwyn Smith, librarian, for the past five weeks.

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

THE NUTRITIOUS POTATO

Have you taken a close look at the price of potatoes lately? While the cost of other foods has risen, the cost of potatoes is lower than they were last year at this time. The fall potato harvest was the largest in the history of the United States. A record 319 million hundredweight.

Potatoes are also a nutritious food buy. One medium potato (about ⅔ cup per serving) supplies only 90 calories, but contributes one-fifth of the daily requirements of Vitamin C. It also provides worthwhile amounts of the B vitamins (thiamine and niacin), and of minerals such as iron, phosphorus and potassium.)

Potatoes are judged either as U. S. Grade A (top) or Grade B. Each of the grades is subdivided on the basis of size -- small, medium,medium to large, and large.

In order to maintain the quality of your potatoes buy potatoes that are clean, firm, smooth and well-shaped, and avoid those with blemishes and decay. When storing potatoes, store them at room temperature or cooler (60-70 degrees F.), in a dark and dry area where air circulates. When preparing potatoes be sure to wash them and remove sprouts or decay. If you peel the potatoes, keep the peeling thin because there are many nutrients just below the skin. Boil in the least amount of water possible. More vitamins are retained when the potatoes are left whole. However, if time is a factor, cut the potatoes in smaller pieces, but do not overcook.

On cold winter days, you may want to try this recipe for Quick Potato Soup.

2 cups thinly sliced raw potatoes
¼ cup finely chopped onion
1¼ cups milk
1 tablespoon butter or margarine
¼ teaspoon worcestershire sauce
1 teaspoon salt
Pepper
1¼ cups boiling water
1½ cups milk

Add potatoes and onion to the boiling water. Cover and cook for 15 to 20 minutes, or until potatoes are tender. Mash the potatoes slightly with a fork to thicken the soup a little, if desired.

Add milk, butter or margarine and seasonings. Heat.

For a touch of color, garnish each serving with chopped parsley, grated cheese, croutons, dieed crisp bacon or finely cut watercress or chives.

Makes 4 servings about 1 cup each.

Variation: Cut 2 frankfurters into ¼-inch slices and add them to the soup with the milk.

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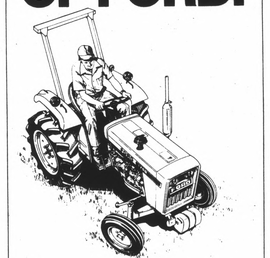

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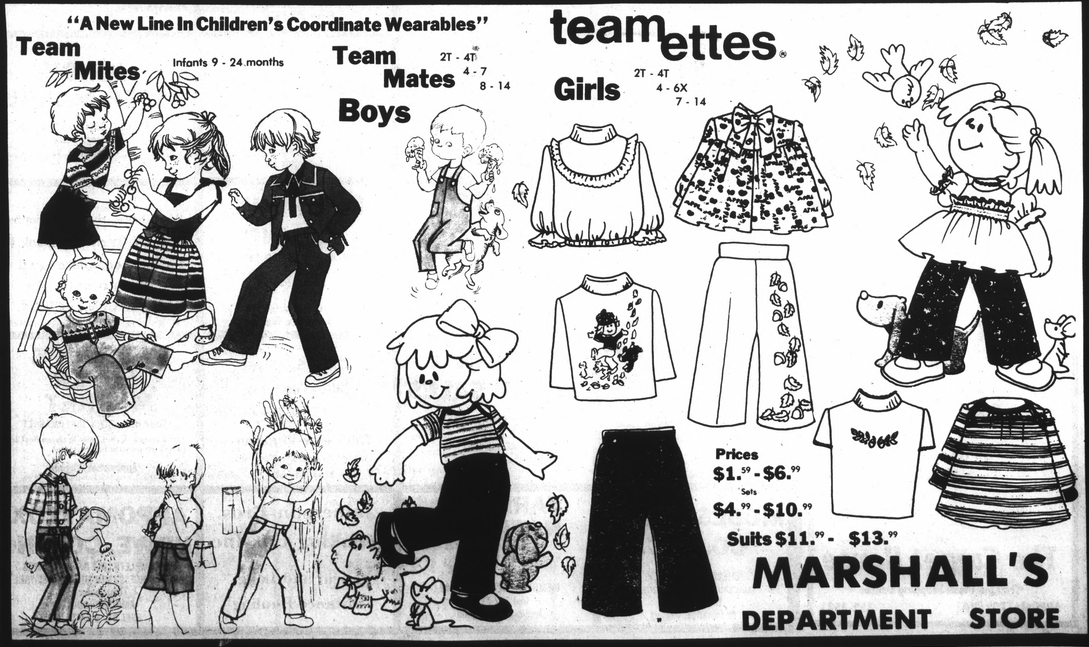

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